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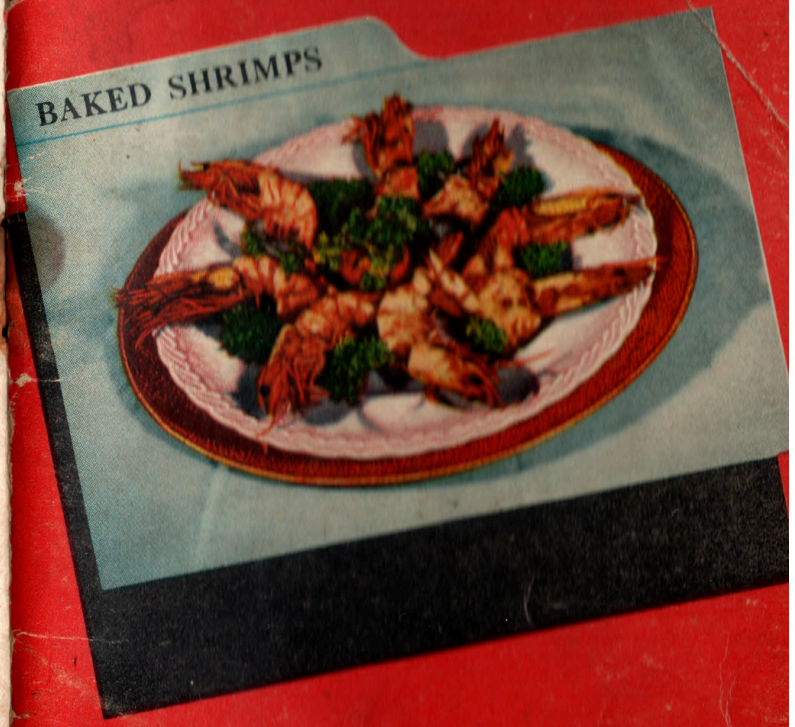

STAR RECIPES

Recommended by the
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STAR RECIPES

FOREWORD

Well-balanced, nourishing meals are important to good health and physical energy. The 25 selected recipes contained in this booklet present a practical approach to the daily dietary problem of better meal planning. They are popular national dishes—appetizing, inexpensive and easy to prepare.

All recipes were compiled, approved and recommended by the Recipe and Menu Testing Laboratory of the Institute of Nutrition and are reprinted herein by special permission to CALTEX (PHILIPPINES) INC.

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P. O. Box 783, MANILA

FRIED LAPU-LAPU WITH PICKLE SAUCE

- 1 medium lapu-lapu, fried
- 15 green onions made into onion curls or shredded
- 1 small piece ginger, sliced
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 2 tablespoons sugar
- 2 tablespoons fat
- 1 tablespoon flour
- 1 teaspoon dry mustard
- ½ cup water
- ½ cup vinegar
- 1 medium onion, chopped
- ½ cup sweet pickles cut in strips
- 2 fresh tomatoes, cut into strips
- Red and green pepper

Fry fish in deep fat until brown. Place on a platter and pour the following pickle sauce:

In a skillet, melt fat, add flour, salt, pepper and mustard. Add water,

STUFFED EGG SALAD

Cut 8 hard-boiled eggs in halves. Remove yolks and put whites aside in pairs. Mash yolks, moisten with milk or mayonnaise. Season to taste with salt, pepper, lemon juice, mustard, and cayenne. Add bits of pimiento. Refill whites with the mixture. Put on a bed of lettuce. 8 servings.

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a little at a time, stirring constantly. Add vinegar and let boil. Do not stir until vinegar has boiled. Add onion, pickles, tomatoes, and shredded green onions. Season with salt, pepper and sugar. Pour hot sauce over the fish, garnish with strips of red and green pepper on top. Arrange onion curls on sides.

To make onion curls: Cut green onions 4 to 5 inches from root end. Clean off all roots and remove outer skin. Make parallel cuts on green end about 2 inches long. Place cut ends into a glass of cold water until the leaves are curled. 8 servings.

SOYBEAN BALLS

1 cup tofu, mashed
2 cloves garlic, crushed
1 medium onion, finely chopped
¼ cup green onion, finely cut
¼ cup kintsay, finely chopped
1 ½ tablespoons toyo
1 teaspoon salt
1 egg, beaten
4 tablespoons cornstarch
¾ cup fat for frying

Mix all ingredients together except fat. Form into small balls and fry until golden brown. Serve with sweet sour sauce. Yield: 21 balls-7 servings.

SWEET-SOUR SAUCE

¼ cup vinegar
½ cup water
4 tablespoons sugar
1 teaspoon salt

BAKED SHRIMPS

6 large shrimps
¼ cup butter
¼ cup grated cheese
Salt and pepper to taste
½ cup mayonnaise
Parsley

Wash and clean shrimps. Divide into halves lengthwise through the back without removing the shell. Place on a buttered pan side by side with cut side up. Dot with butter and sprinkle grated cheese on top. Bake 10 minutes in moderate oven. Arrange on platter and garnish with parsley. Serve with mayonnaise. 6 servings.

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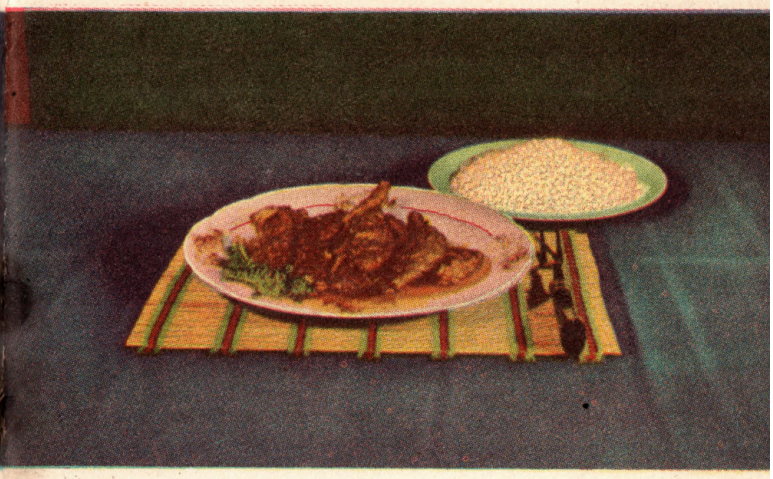
2 tablespoons toyo

Mix together the above ingredients. Bring to a boil. Dissolve 2 tablespoons starch in ¼ cup water and add to first mixture. Cook over low fire for 1 minute.

BEANS WITH VEGETABLES AND COCONUT MILK

3 cups water
1 cup dry black beans
¼ cup dry dilis
1 cup thick coconut milk
1 cup thin coconut milk
¼ inch cube ginger, crushed
1 tablespoon bagoong
1 sweet red pepper, cut into strips
1 cup kangkong
Salt and pepper to taste

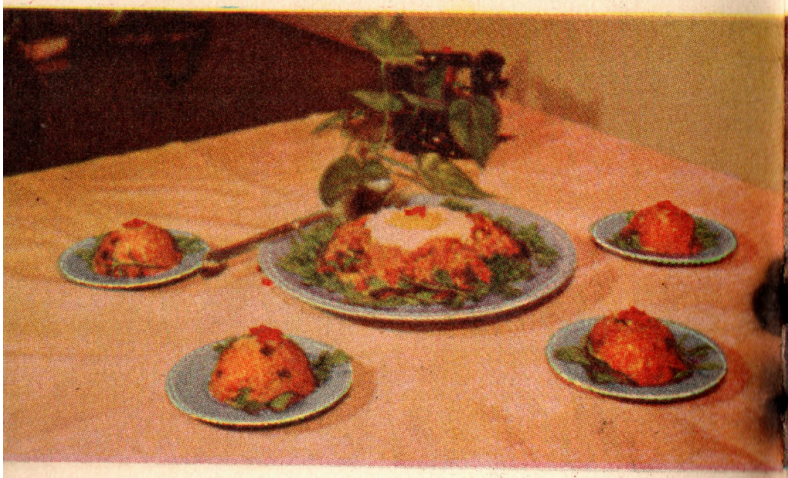
Heat water. When boiling, drop beans and allow to boil 2 minutes. Set aside for 1 hour. Add thin coconut milk, dried dilis and ginger. Boil and simmer until soft. Add thick coconut milk. Season to taste. When liquid boils, add kangkong and sweet pepper. Cover and cook 5 minutes longer. 4 servings.



CHICKEN ADOBO

1 chicken cut into serving portions
1 cup vinegar
5 cloves garlic, crushed portions
2 tablespoons salt
2 tablespoons toyo
10 pieces pepper corn
1 bay leaf
5 tablespoons lard

Stew chicken in a mixture of vinegar, crushed garlic, salt, pepper corn and bay leaf. When tender remove liquid and brown chicken in lard. Return some of the liquid to fried chicken and cook over moderate heat until sauce is thick. 4 servings.



ARROZ A LA FILIPINA

3 tablespoons lard
3 cloves garlic, minced
1 small onion, sliced
3 ripe tomatoes, sliced
½ small chicken, dressed and cut into pieces
2 cups water
3 medium green pepper, sliced
1 tablespoon atsuwete soaked in ¼ cup water
½ cup enriched rice, cooked
½ cup cooked enriched malagkit
1 small package raisins
2 teaspoons salt
1 hard cooked egg, sliced
Red pepper for garnishing

Saute garlic, onion, tomatoes and chicken. Cover and cook until chicken is brown. Add water, cover and cook until tender. Add sliced pepper and strained atsuwete. Cook 3 minutes. When mixture boils, add cooked rice and raisins. Turn mixture

CORN SOUP WITH AMARGOSO LEAVES

2 tablespoons lard
2 segments garlic, crushed
½ onion, sliced
½ cup pork, sliced
½ cup shelled shrimps
4 cups rice washing
3 cups corn cut from cob
1 cup amargoso leaves
1 teaspoon salt
1/8 teaspoon pepper

Saute garlic, onion, pork and shrimps. Add rice washing, cover and let boil. Add corn and cook 30 minutes. Season to taste. Add amargoso leaves, boil 2 minutes longer. Serve hot. 6 servings.

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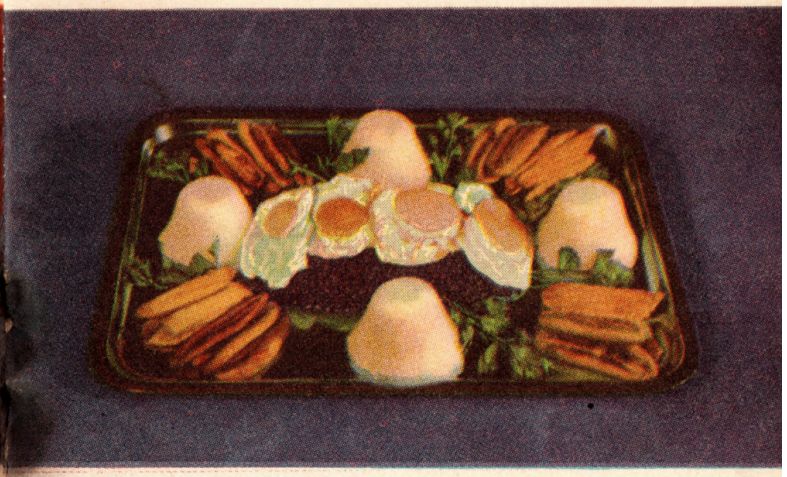
from; time to time to prevent scorching. Add a few grains of salt to taste. Arrange in a mound in a large platter. Garnish with hard-cooked egg and slices of green and red pepper. 4 servings.

MEAT LOAF

2 cups ground pork
½ cup ham
2 cups ground beef
1 cup bread crumbs
2 eggs, beaten
¼ cup raisins
1 cup tomato sauce
1/8 teaspoon pepper
1 teaspoon salt
4 tablespoons butter or margarine
2 pimientos or red pepper
1 hard cooked egg
Parsley or caserole

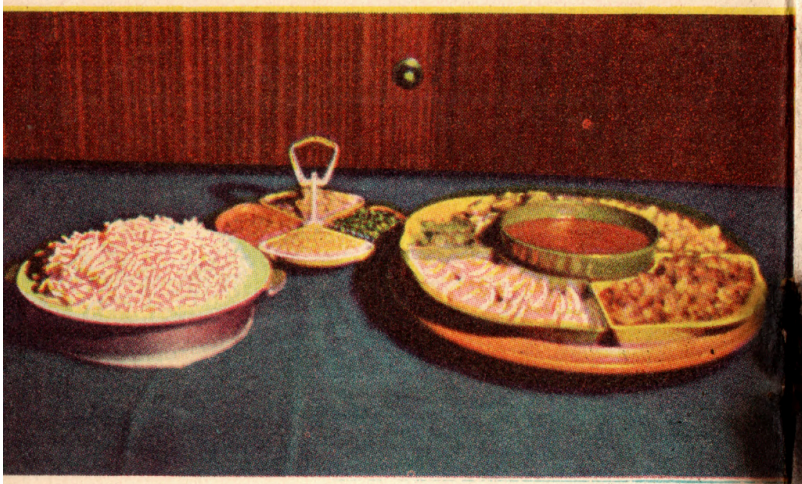
Mix pork, ham, beef, bread crumbs, eggs, raisins and tomato sauce in a bowl. Season with salt and pepper. Pack mixed ingredients in greased loaf pan and bake in 400°F oven. When baked turn loaf on a platter and garnish with pimientos, boiled eggs and parsley or caserole. 10 servings.



ARROZ A LA CUBANA

2 tablespoons lard
2 cloves garlic, macerated
1 onion, sliced
1 large tomato chopped
¼ kilo ground beef
¼ kilo ground pork
1 small package raisins
1 teaspoon salt
½ cup sweet peas
3 bananas halved, lengthwise and fried
3 medium potatoes, sliced lengthwise and fried
6 eggs, fried
6 cups cooked enriched rice

Saute garlic, onion and tomatoes. Add beef and pork, raisins, seasoning and mix well. Add enough stock to moisten, cover, and continue cooking until almost dry. Add peas. Place meat on center of platter and arrange bananas, potatoes, and fried eggs on one side. On the other side, place mounds of rice. Garnish with parsley or kintsay. 6 servings.



PANCIT LUGLUG

½ cup lard
1 head garlic, minced
½ cup sliced, boiled pork
½ cup soybean cake, cut into cubes
½ cup shelled shrimps blanched for ease of peeling, and diced
2 cups shrimp juice
½ cup chinese celery, sliced into half-inch bits
2 teaspoons salt
1 teaspoon pepper
¼ cup "atsuwete" soaked in ½ cup water
4 tablespoons flour
½ kilo dried rice noodles (bijon) soaked in cold water 10 minutes, then drained and blanched in hot water or broth
½ cup finely flaked tinapa (pick off tiny fish bones)
½ cup powdered crisp crackling (sitsaron)
2 hard boiled eggs, sliced lengthwise

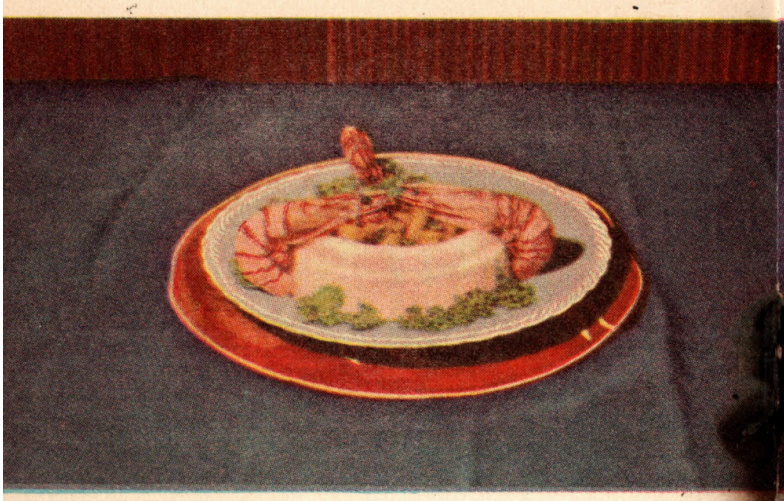
12 kalamansi
Patis

Fry garlic until brown. Drain and set aside. Add pork to lard, cook until brown. Add tokwa and shrimps. Then add ½ cup shrimp juice, cover and bring to a boil. Add kintsay and season with salt and pepper. Set this pork-shrimp mixture aside.

Soak "atsuwete" in water, squeeze out color and strain. Add this to rest of shrimp juice. Put mixture into a saucepan. Add flour to solutions, bring to a boil stirring constantly. Season with salt and pepper. This is the red sauce for the pancit which is called "palabok".

Pour noodles into individual platter or large platter. Cover with red sauce. Top sauce with pork and shrimp mixture, then sprinkle finely flaked fish, fried garlic, and crackling over this. Garnish with slices of eggs, celery leaves and calamansi. Serve hot with patis, and calamansi juice.

An attractive way of serving pancit luglug is shown in the picture. Use a "lazy Susan", place red "palabok" sauce in center bowl. Noodles are served in individual plates or from pyrex baking dish. Flaked fish, cracklings, green onion, fried garlic, slices of eggs, kalamansi slices are placed in each compartment from which the guests help themselves. 10 servings.



SQUASH IN ENRICHED RICE RING

½ cup pork, boiled and diced
2 segments garlic, pounded
¼ medium onion, sliced
1/3 cup shrimps, shelled
1 tablespoon salt
Dash of pepper
2 cups squash, cut in ½ inch cubes
½ cup shrimp juice from pounded shells and heads of shrimps.
½ cup rich coconut milk from first extraction
½ cup malunggay leaves (washed and sorted)
3 cups cooked or steamed enriched rice
4 large shrimps (with shells for garnishing)
4-6 sprigs of parsley for garnish

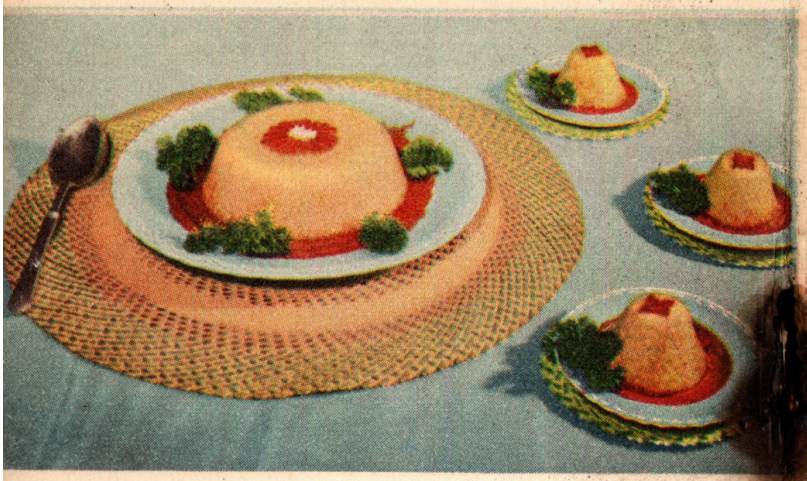
Extract fat from pork. Saute garlic, onion, shrimps and lean pork. Season with salt and pepper. Add shrimp juice, cover and boil for 2 minutes.

CLAM SOUP WITH MALUNGGAY

3 tablespoons lard
3 cloves garlic, crushed
3 thin strips ginger
2 tablespoons onion, sliced
3 cups halaan, washed and drained.
8 cups rice washing
1 cup malunggay, washed and sorted
2 teaspoons salt
¼ teaspoon pepper

Saute garlic, ginger, onion and halaan. Add rice washing. Cover and let mixture boil for 3 minutes. Add malunggay leaves and cook 3 minutes longer. Season with salt and pepper. Serve hot. 6 servings.

Add squash and cook until squash is half done. Add rich coconut milk and let boil for 3 minutes. Remove from fire. Mold cooked rice in large ring mold. Fill center with creamed squash. Garnish attractively with 4 large shrimps and parsley. Serve hot. 4 servings.



NEOPOLITAN TIMBALE

1 package macaroni
2 tablespoons butter
1 small beef tonque, cooked
2 cloves garlic
¼ cup sliced onions
1 cup chopped tomatoes
1 cup diced ham
1 medium boiled chicken
1 Chorizo de Bilbao, sliced
1 can mushrooms
2 cans tomato sauce
1 can Vienna Sausage, cut into small pieces
1/3 cup grated cheese
Pimientos
Kintsay

Boil macaroni. Drain and cut into half centimeter slices crosswise. Arrange macaroni neatly against sides bottom of a buttered pan or mold. Line bottom and sides of mold so that the finish product will look like a

beehive. Allow to set in an ice box or refrigerator.

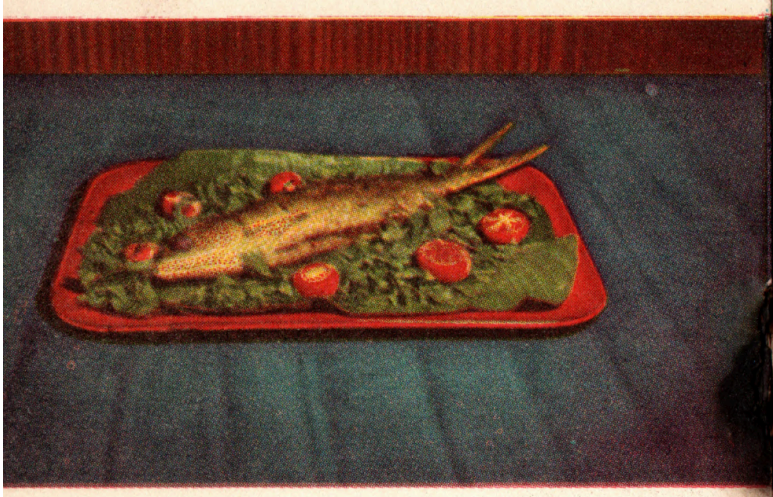
Make a paste out of the following ingredients:

¼ cup butter
½ cup boiling water
1 cup milk or broth
½ cup flour
2 eggs, unbeaten
1 chicken breast, chopped

Place butter and water in a sauce-pan. Bring to a boil. Add flour all at once stirring vigorously over low fire, until mixture is smooth. Cool. Add eggs one at a time, beating after each addition. Add chopped chicken breast. Add milk slowly to make a paste of spreading consistency.

Spread paste very carefully on top of macaroni lining. Fill mold with the filling made as follows:

Saute garlic, onion and tomato sauce. Add chicken meat, boned and cut into small pieces, ham, chorizo, vienna sausage and mushrooms. Cook for 10 minutes. Season with salt and pepper. When mold is filled cover top with macaroni and cheese. Steam for at least 1 hour in a water both in the oven. Cool. Unmold on a large platter. Pour tomato sauce with grated cheese around the base of beehive. Garnish with pimientos and kintsay leaves. 10 servings.

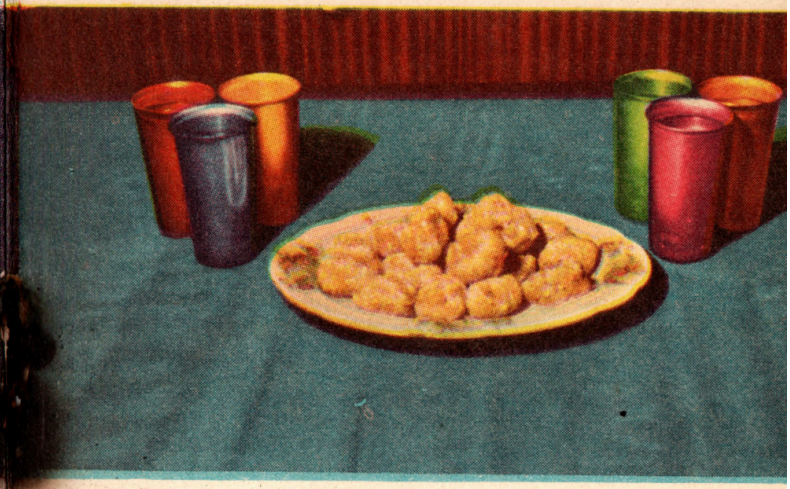


RELLENONG BANGUS

1 medium bangus, cleaned
1 tablespoon lard
2 segments garlic (chopped fine)
1 finely chopped onion
3 finely chopped tomatoes
1 teaspoon salt
1/8 teaspoon pepper
1 tablespoon butter or margarine
1 small can peas (drained)
1 small box raisins
1 small potato, cut in cubes and fried
2 eggs beaten
½ cup flour
½ cup lard

Roll fish on table pressing on it to soften meat. Cut through on the back and remove backbone. Scrape meat with a spoon or knife. Soak skin in a mixture of toyo, kalamansi and pepper. Set aside.

Boil bangus flesh in salt water for 3 minutes. Drain and flake removing all fine bones. Saute garlic, onion,



BUNUELOS

1/3 cup margarine
1 cup pastry flour
½ teaspoon salt
1 cup boiling water
4 eggs
Lard for frying
¼ cup sugar

Boil water, add lard and salt. Add sifted flour and stir in one direction. Cook until mixture leaves the sides of the pan clean. Remove from fire. Cool. Add eggs, unbeaten, one at a time. Stir after each addition. Drop by spoonfuls in deep hot fat. Drain and roll in sugar. 1 dozen.

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and tomatoes; add flaked fish and seasonings. Cover. Remove from fire, add butter or margarine, peas, raisins, potatoes and eggs. Mix thoroughly. Stuff fish skin with mixture and sew opening. Dredge with flour and fry until brown. Put on a big platter and garnish with kinchay, tomatoes and slices of kalamansi. 6 servings.

LUMPIA UBOD

½ kilo boiled pork, diced
2 cloves garlic, minced
1 small onion, sliced
¼ cup raw ham
¼ kilo boiled shrimps, shelled and diced
1 cup shrimp juice from pounded shells and heads of shrimps
3 tablespoons toyo
2 medium carrots, cut into strips
1 cup green beans, finely sliced
½ kilo cabbage, shredded
½ cup boiled garbansos
¼ medium ubod, boiled in salted water until tender, cut into strips
24 lettuce leaves, washed
24 lumpia wrappers

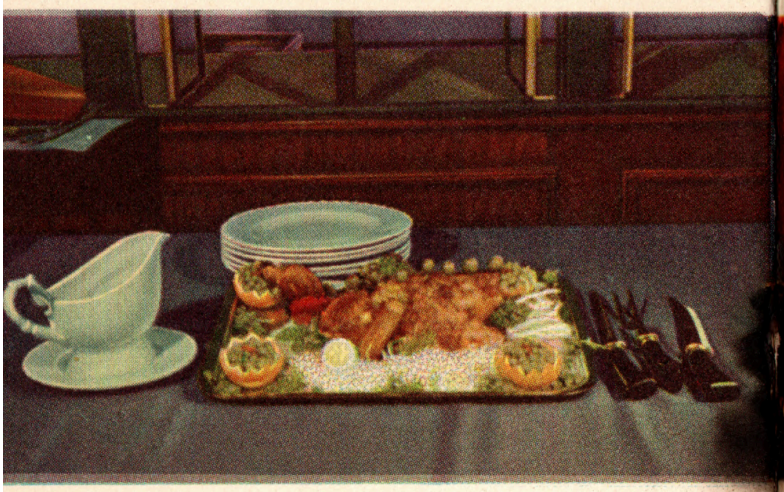
Extract fat from pork. Saute garlic, onion, and ham in the fat extracted. Add lean pork, shrimps, garbansos and shrimp juice. Cover.

As soon as it boils, season to taste with toyo. Add carrots and green beans. Cover and cook for 5 minutes. Add cabbage, and ubod. Cover and cook 3 minutes longer. Pour the mixture into a bowl. Cool 3 minutes. Wrap in individual wrappers lined with lettuce leaves. Roll. Arrange on platter carefully. Serve with brown sauce with or without minced garlic. 24 servings.

BROWN SAUCE

4 tablespoons sugar
¼ cup toyo
1 cup broth
1 teaspoon salt
2 tablespoons cornstarch dissolved in ¼ cup water
2 segments, garlic finely minced

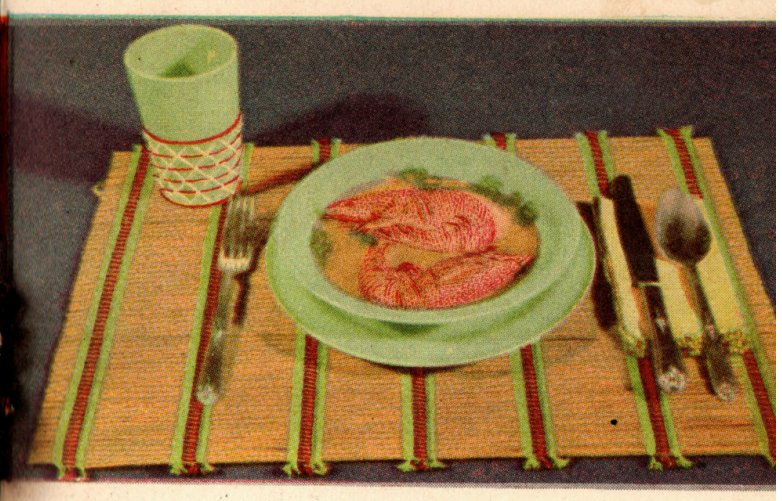
Combine sugar, toyo, broth and salt. Bring to a boil. Add cornstarch solution. Stir until mixture thickens. Cook over low fire for 1 minute. Serve with finely minced garlic if desired. 8 servings.



ROAST CHICKEN RELLENO

1 big chicken (2-½ kilos)
¼ kilo pork, ground
1 onion, chopped
2 ripe tomatoes
¼ kilo raisins
1 small bottle of olives
1 small can peas
2 tablespoons chopped pickles
1 tablespoon catsup
2 hard cooked eggs
1 tablespoon lard
Salt and pepper to taste

Dress and bone chicken. Grind pork. Mince onion and tomatoes. Seed raisins and olives. Heat lard, add onion, tomatoes, ground pork, raisins, peas, pickles and catsup. Cook 30 minutes stirring occasionally. Season to taste. If necessary moisten mixture with a little stock made from liver, gizzard and bones. Stuff boned chicken with mixture. Arrange slices of boiled eggs, then sew up opening. Wrap the fowl in cheese cloth, bring



SUAM NA SUGPO

2 tablespoons lard
3 cloves garlic, pounded
½ onion, sliced
1 teaspoon ginger, cut into strips
2 tablespoons patis
4 cups rice water
1 cup fresh sugpo, trimmed
1 cup malunggay leaves

Saute garlic, onion, and ginger in lard. Add patis and rice water. Bring to a boil, add shrimps and malunggay leaves. Cover and cook 5 minutes. Serve at once. 3 servings.

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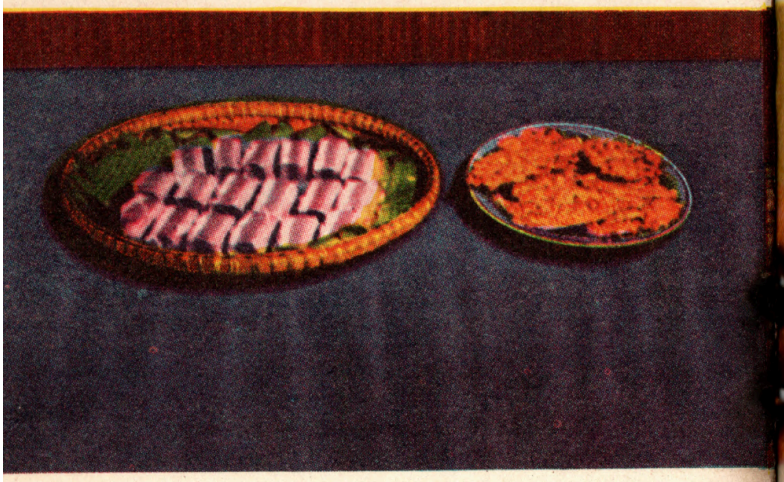
to a boil in a little water or steam in roasting pan until tender taking care to truss up legs to sitting position. Remove from pan and roast in moderate oven until chicken is brown. Baste with gravy made by adding soy sauce to drippings on roasting pan. Set on platter and garnish with fried bijon, parsley and orange cups filled with sweet peas. 8-10 servings.



SAPIN-SAPIN

2 coconuts (5 cups coco milk)
2 cups enriched rice soaked in 1 ½ cups water and ground to make rice batter (galapong)
3 cups white sugar
¼ kilo ubi, pared, boiled mashed and strained
¼ teaspoon powdered anis

For top layer, mix 1 ½ cup thick coco milk (1st extraction) ½ cup rice flour (galapong) and ⅔ cup sugar. To rest of the rice batter, add remaining coco milk, anis, sugar. Divide this mixture into two parts. Mix mashed and strained ube to half of mixture. To the other half add a little red food color to make a very light pink.

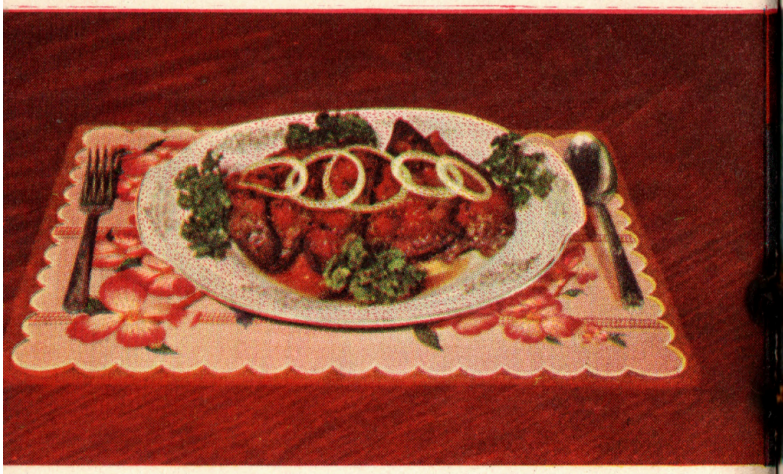
Line a bamboo steamer with cheese cloth. Pour ube mixture spreading it over the whole surface. Cover. Steam until firm. On top of this pour the pink mixture. Return to steamer. When firm, add uncooked layer.

Steam until firm. Cool. Slice diagonally 3 inches. Arrange in a platter and serve with ukoy. 12 servings.

UKOY

2 cups rice flour (galapong)
2 eggs
2 cups shrimp juice
1 cup anisado wine
6 segments garlic, minced
4 tablespoons atsuwete, soaked in ¼ cup water
¼ cup green onion minced
12 unshelled shrimps, blanched
1 teaspoon salt

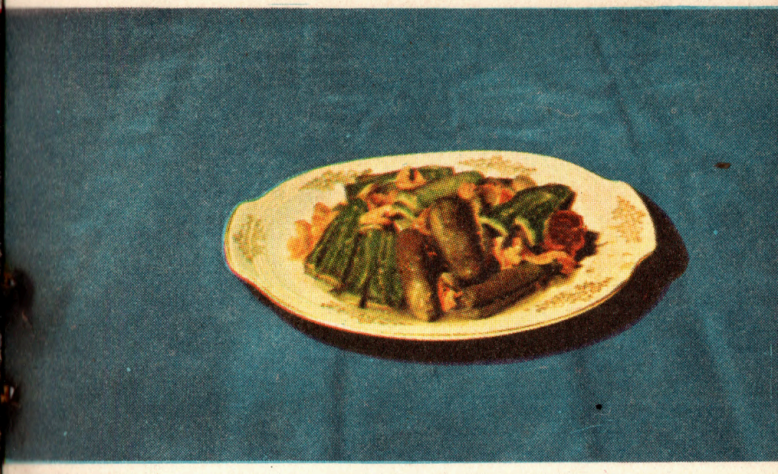
Mix rice flour (galapong) with eggs, shrimp juice, anisado wine and garlic. Add strained atsuwete water, salt, pepper and part of the green onions. Fill a saucer half full of the batter, sprinkle more green onions. Place a whole shrimp in the center. Drop in deep hot fat and cook until golden brown. Batter will break into tiny fragments which are gathered and heaped into center of ukoy. Serve with kutsinta or Sapin-Sapin. 12 servings.



LIVER A LA CREOLE

½ kilo beef liver
3 tablespoons salad oil
1 large onion, sliced in ring and fried
1 heaping tablespoon flour
1 cup hot water
1 teaspoon salt
1/8 teaspoon pepper
1 green pepper, cut in rings

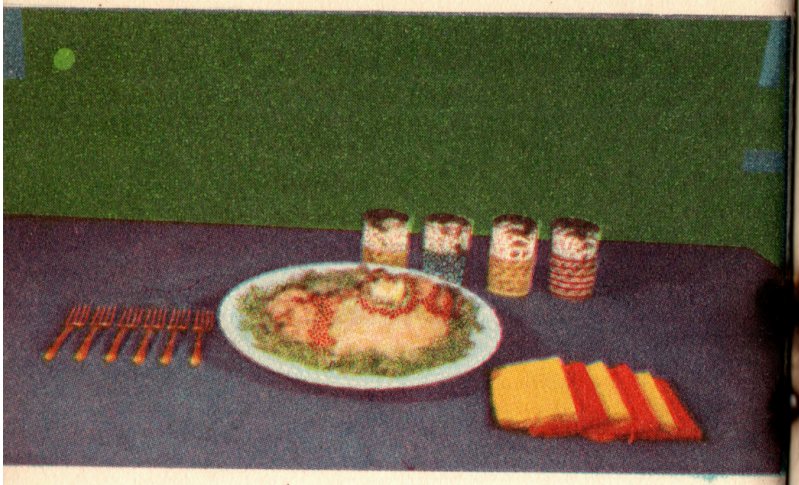
Fry liver for about 5 minutes on each side. Remove from pan to plate. Make sauce with remaining oil and flour. Cook until brown. Season with salt and pepper. Pour sauce over liver and stir until liver is coated. Add very slowly hot water. Add green pepper .and onions, cook 5 minutes more. Arrange on a platter. Garnish with onion and pepper rings and parsley. 5 servings.



PINAKBET

1 cup boiled pork, diced
2 segments garlic, crushed
½ teaspoon salt
½ cup fresh patani seeds
½ medium onion, sliced
1/3 cup tomatoes, sliced
½ cup small shrimps
2 tablespoons bagoong
1 medium ampalaya, sliced
2 eggplants, cut into two-inch lengths
½ cup radish fruit

Extract fat from pork. Saute garlic, onion, tomatoes, pork and shrimps. Add broth and allow mixture to simmer 2 minutes. Season to taste. Bring to a boil, add patani and cover. Cook for 4 minutes before adding ampalaya and eggplants. Add radish fruit and cook 5 minutes longer. 6 servings.



EMBUTIDO WITH POTATO SALAD

1 kilo pork, ground
1 tablespoon salt
1/8 teaspoon pepper
4 tablespoons flour
3 pieces sliced pickles, chopped fine
2 hard cooked eggs
1 chorizo de Bilbao, chopped
1 big piece leaf-lard (paño-paño)

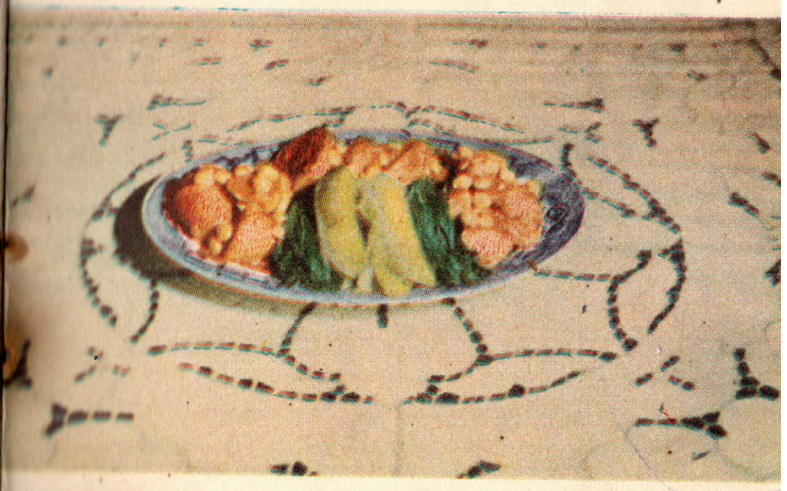
Mix pork, salt, pepper, flour, eggs, and pickles. Take a piece of cloth or leaf lard and spread mixture to one inch thick. Arrange slices of pickles, eggs, and chorizo de Bilbao in the center. Roll to 3 to 4 inches in diameter. Wrap with cloth. Tie cloth at both ends. Boil in broth for one hour. Remove from wrappings. Set on a baking pan and bake in a moderate oven 15 minutes. Place in a refrigerator. Slice and arrange on

platter. Serve with Potato Salad on the sides. 8-10 servings.

POTATO SALAD

2 cups cooked potatoes, cubed
1 cup cooked carrots, cubed
Few drops onion juice
½ cup French Dressing
4 tablespoons chopped sweet pickles
½ cup mayonnaise
½ teaspoon salt
1/8 teaspoon pepper
4 tablespoons green peas
1 hard cooked egg

Mix together potatoes, carrots, onion juice, chopped pickles and French Dressing. Add mayonnaise. Season with salt and pepper. Chill until serving time. Arrange on a bed of lettuce leaves on side of Embutido. Garnish with hard cooked eggs and green peas. 5 servings.



PUTSERO

½ kilo beef, cut into serving

pieces
2 chorizos (Bilbao)
1 small bunch green onions
2-3 stalks kintsay
½ small cabbage
2 potatoes, quartered
1 cup fresh string beans
3 bananas (saba), peeled
½ cup garbansos, soaked and cooked
5 tablespoons lard
2 segments garlic, crushed
1 medium onion, sliced
4 ripe tomatoes or 1/2 small can
Salt and pepper

Boil together beef, chorizo, green onion and kintsay. When the meat is tender, cook each leafy vegetable separately in the broth. Remove vegetables and set aside. Boil bananas and potatoes together and set aside. Saute garlic, onion and tomatoes. Add boiled meat and chorizo. Drop bananas, garbansos, potatoes and other vegetables. Season with salt to taste. 6 servings. Serve with Squash-Eggplant Sauce made as follows:

SQUASH-EGGPLANT SAUCE

¼ small squash, boiled and mashed
Salt, sugar, and pepper to taste
3 eggplants, boiled and mashed
2 segments garlic, minced
2 tablespoons vinegar

Mix all the ingredients and serve in separate relish dish. 6 servings.

FISH BALLS WITH PETSAY

2 cups flaked milkfish (bangus)
3 tablespoons chopped onion
4 tablespoons cornstarch
1 egg beaten slightly
1/8 teaspoon pepper
1 teaspoon toyo
2 cups petsay, cut into 1 inch slices
Green onion for garnish
2 tablespoons patis

Prepare fish stock by boiling head, big bone and skin in a saucepan, with 3 cups of water. Strain. Combine chopped onion, flaked fish, eggs, toyo, cornstarch and pepper. Form into balls. Drop balls one by one into boiling fish stock. Add green onions and petsay. Cook two minutes longer. Season to taste. Serve hot. 6 servings.

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PREPARED BY THE PUBLIC RELATIONS DEPARTMENT

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